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Bangalore Mirror

TEMP Max 27 | Min 19 | Humidity 90% Generally cloudy sky Sensex 57,426 | Nifty 17,094 | Gold 50,050 | Silver 56,556 | Dollar 81.42 | Euro 79.30 | GBP 90.08

500 saplings left high and dry thirsting for water in tussle between NGO and panchayat over 'Miyawaki forest'

HITHER WITHER

'NGO spent Rs 2.7 lakh to prepare land, plant 500 saplings in Hennagara'

| Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

The fate of 500 saplings planted in Hennagara village in Anekal Taluk hangs in the balance as a civil society organisation and panchayat officials tussle over the creation of a Miyawaki forest.

Vrikshamitra Foundation, the not-for-profit organisation, alleged that despite receiving permission from the panchayat, it was not being permitted to water the saplings.

In a bid to create a Miyawaki forest by securing CSR funds, Bengaluru-based Vrikshamitra Foundation wrote to the Hennagara gram panchayat in June 2022 and received permission in September. Accordingly, the NGO spent Rs 2.7 lakh on planting and preparing the land. It planted 500 saplings in the allotted space. But soon after, according to the NGO, it was denied entry to the land and told to stop further planting.

> **"We were informed that what we were doing was illegal; land was locked up, we were denied entry**
> – Tushar Chandra, Vrikshamitra Foundation

As per the initial plan, the trees were planted in 52 guntas in the Miyawaki way. But with the NGO now barred entry, it complained that the saplings are not being maintained.

"We started planting on September 17; we began with 500 saplings. But immediately, we were informed what we were doing was illegal.

CONTINUED ON PAGE 6 »

Bangalore Mirror NAVARANG

A&J Health Care

Christina Roslin George, VK Navataare 2021 first runner-up

TODAY'S COLOUR
PINK

The grand Navaratri festival is in full swing. Join the festivities with **Bangalore Mirror-Navarang.** Ladies, the best part is you get a chance to dress up in sarees of the colour specified for the day. You can team up with favourite people and click group selfies in sarees. And, remember to follow the day's theme colour!

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9591233247

The best group photos will get a chance be featured in BM-Navarang.

Please note-Tomorrow's colour code is Purple

Bangalore Mirror reserves the right to use any of these photos for future promotions

FIND YOUR STATION

KSR rail terminal makeover

PAGE 2

GIRL POWER

Cyclists pedal 200 km in rain

PAGE 9

3 THINGS TO DO

01 Dramatic scenes

Mahanagar ke Jugnu is a foot-tapping musical comedy that will make you laugh out loud at all of life's beautiful ironies. So if you are looking for an evening full of great music and drama, do not miss this event.
When: October 9, 3:30 pm and 7:30 pm
Where: Jagriti Theatre
Tickets: bookmyshow.com

02 From Kashmir, with love

Kashmiriyat 2.0 is back in Bengaluru. It is a celebration of the crafts and craftspeople of Kashmir contemporized but with its unique 600-year-old traditions and skills. So pick up your bags because it is shopping time.
When: Till October 15
Where: Bangalore International Centre
Tickets: Free

03 Strings attached

Maadhurya Foundation brings to you an engaging and fun-filled puppet show by Rangaputhali Puppeteers - a show that will promise to be a wholesome experience across all age groups.
When: October 9, 11:30 onwards
Where: Kalagrama open auditorium
Tickets: allevents.in

Grand makeover plans for city railway station

As South Western Rlys gets approval to renovate KSR railway station from Centre, experts criticise plan and demand that basic issues be fixed first

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMirror

In a bid to build world-class amenities on par with the airport, South Western Railways (SWR) has received a nod for preparing the master plan for the KSR Railway Station from the Central government.

The station will be modelled after the newly built Sir M Visvesvaraya Terminal in Byappanahalli.

Chief public relations officer (CPRO), SWR, Aneesh Hegde said, "We have received the approval from Railway Ministry to prepare the Master Plan for the renovation of the station. Currently, it is in a conceptual stage. On the model of Sir MV Terminal, the station will be redeveloped with world-class amenities and green features. The idea is to make it convenient for passengers to use rail services on par with airports. Apart from KSR, Hubballi and Vasco De Gama have also been proposed for redevelopment. The preparation of the master plan will commence soon."

After the preparation of the Master Plan, railways also want to conduct a techno-economic assessment before finalising the plan.

Sir MV Terminal was constructed to resemble airports at the cost of Rs 314 crore. It's the first with a centralised AC system, food courts, VIP lounge, waiting area, ramps, disabled-friendly technology, and connection to subways and foot-over bridges.

KSR railway station's renovations will be modelled after Sir MV Terminal and will have airport-like facilities

Additionally, the Yeshwanthpur Railway Station is also being renovated at the cost of Rs 400 crore. The station will have state of an art modern airport-like system, an environment-friendly green building, a Divyaang-friendly building, a cafeteria, recreational facilities, and multi-modal transport integration.

However, experts feel that SWR should focus on fixing basic facilities before turning to large-scale renovations. "Before upgrading to airport-like facilities, they need to fix the basic problems. Due to outdated technology, there is an inordinate delay in train movement. For the past 15 years, they have to assure to fix train delays. With narrow FOBs, and faulty escalators, passengers are not able to make a quick exit out of stations. Real-time information about train arrival and departure should be displayed," said transport expert, Sanjeev Dyamannavar.

> **"Before upgrading to airport-like facilities, they need to fix the basic problems like updating outdated technology**
> – Sanjeev Dyamannavar, Expert

Another rail expert, Krishna Prasad told Bangalore Mirror that all the railways should focus on more passenger-friendly amenities.

"There should be more booking counters, retiring rooms, availability of good potable water, cleanly maintained toilets, food court, emergency medical facilities, and pharmacy counter," Prasad said.

Rail experts feel that attention should be given to providing connectivity with public bus transport and providing wider access roads from stations.

Rajkumar Dugar of C4C said there is a need to focus on the surroundings of the railway station as much as the interior.

"Currently the railways have a major parking issue and cleanliness issue. The road in front of the railway station is in a terrible state. There is also a need to improve the clarity of announcements being made inside the station. Currently, the announcement echoes and are not clear to new passengers. We also suggest railways install a fast-response unit capable of providing CPR and AED to emergency patients," he said.

50-bed cardiac care facility to be inaugurated next week

Iffath Fathima
Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Jayadeva Satellite Cardiac Centre, a 50-bed medical facility at KC General Hospital is ready to be inaugurated in the coming week.

The centre is located on the second floor of the general hospital and will have an Out Patient Department, an Intensive Care Unit and a Cath lab.

The unit is ready and is just waiting for Chief Minister Basvaraj Bommai to do the official inauguration. Generally, patients who come to the KC General Hospital are referred to the tertiary centre at Jayadeva Institute of Cardiovascular Sciences and Research in Jayanagar, but now they can be monitored and given the necessary treatment.

Dr CN Manjunath, Director of Jayadeva Institute of Cardiovascular Sciences said, "The first hour after the heart attack is known as the golden hour. These 60 minutes are very decisive. Taking immediate action and giving the right treatment during that hour is very important. It can save a patient's life. Staff from Jayadeva Hospital will be sent here who will handle the patients. Those who require cardiac surgeries will be sent to the main centre."

There will be 20 ICU beds and the rest would be ward beds.

"Over 30-33% of the cases

now are of cardiovascular disease. It was once considered a disease of the elite class, but now we see it as equally prevalent in many rural areas. Therefore, it is important to set up cardiac centres in the rural areas as well," added Dr Manjunath.

A large number of patients from districts like Tumakuru, Ballary, Mandya etc come for treatment at the KC General Hospital. A cardiac centre will be beneficial to both patients from the north and south Bengaluru.

The Institute has 1800 beds in the state which are exclusively for cardiac care. In the Jaynagar centre, there are over 1050 beds.

The northwest part of Karnataka was lacking cardiovascular health care services, but now with the establishment of the unit in Hubballi, it will also cater to various districts in Bagalkote, Vijayapura, Dharwad, Uttar Kannada etc.

"Many people situated in Hubballi- Dharwad are forced to travel to Bengaluru for affordable cardiac treatment as there are no other centres. Once the centre is established in Hubballi, thousands of people can be benefitted," said Dr Manjunath.

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Is BBMP planning to silt this one out?

HSR Layout residents want silt that was removed from rajakaluve months ago to be cleared

Authorities have dumped the silt near Freedom School in HSR Layout 12th Cross, raising serious health and hygiene questions among locals

Shreyashi Mukherjee
c-shreyashi.m@timesgroup.com
TWEETS @BangaloreMirror

"The silt has been sitting on the side of the road for the last four months and nothing has been done to remove it. Some of it has gone back inside the rajakaluve –Vijay S Gowda, resident

Residents living in HSR Layout 12th Cross say that authorities have removed silt from the nearby rajakaluve, next to Freedom School, dumping it on the roadside. It has reportedly not been cleared for over four months. They also said that during heavy rains, the condition of the road worsens further.

Vijay S Gowda, a resident of the area, said, "The silt has been sitting on the side of the road for the last four months and nothing has been done to remove it. Due to the rains, some of it has gone back inside the rajakaluve. I do not understand the point behind cleaning the rajakaluve because if the silt is not cleared from the road, it will eventually end up where it was."

Commuters complain that whenever it rains, the road becomes muddy as the silt mixes with water. Sobhana G, another resident, said, "It is very unhygienic to keep the silt on the road like this, especially when there is a school nearby. There are so many children and parents who are using this road. The silt should be cleared as soon as possible to allow smooth flow of traffic and make the road appear clean."

Parents of the school-going children reported that the space for commuting has been reduced because half the road is silt-covered.

Rakesh Kumar, one of the parents, said, "My son goes to this school, and the silt makes it very inconvenient for us parents to drop them off. Moreover, I feel that it is not safe for the kids. Because of the rains, a lot of diseases are spreading among children, and not cleaning this may cause serious health problems."

Hithesh Raj, also a local, said that a lot of the silt has already flown back into the rajakaluve, and if it is not cleared soon, it will block it again.

"Something should be done, and it should be done soon to prevent any kind of mishap from happening," he added.

A BBMP official in charge of the stormwater drains said that he was not aware of the silt there and that it would be cleaned.

'Great power brings great responsibility'

CM says successful candidates of Dr Rajkumar Academy for Civil Services have long journey ahead

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Raghavendra Rajkumar lighting the lamp along with Chief Minister Basavaraj Bommai at the Jnana Jyothi Auditorium on Saturday

The function at Jnana Jyothi Auditorium on Saturday evening was meant to felicitate successful candidates of Dr Rajkumar Academy for Civil Services by Chief Minister Basavaraj Bommai.

Vinay Rajkumar, founder of Dr Rajkumar Academy for Civil Services, said that the objective was to provide quality education for aspirants of civil services.

"My grandfather, Dr Rajkumar, did not have an opportunity to pursue higher studies. He studied up to third standard. My uncle, Puneeth Rajkumar, was not able to pursue higher studies since he was busy with movies since childhood. Both of them used to tell us that we should provide an opportunity for people to have quality education," said Vinay Rajkumar.

Shilpa HR, set to join as an assistant director of Cooperative Audit Department, said, "I have to thank the teachers of the academy for providing personal mentorship. I used to study 14 to 16 hours daily while preparing for exams."

Stating that her dream was to enter into civil services, Vidyashree MR, an assistant professor at Government Engineering College, Hassan, said that Rohini Sindhuri is her role model. "I observed her style of working while working as the Deputy Commissioner of Hassan. My husband would have been very happy with my success if he had been alive today. He passed away two months ago due to cardiac arrest," she said.

Manasa GK, also set to join the Cooperative Audit Department, said that she would try to use her IT skills and ensure team work.

Bommai, the Chief Guest, advised successful candidates to remain humble and obedient.

Speaking at the emotional event to honour students who successfully completed the gazetted probationary examinations conducted by KPSC for the year 2017-18, he said that power was not easy.

"You should not forget people who helped you to come to this position. In a democracy, the elected representatives and the officials must work in tandem," he said.

Emphasising on the need of having good administrators, Bommai said that officers will earn a good name if they take pro-people decisions at the right time. "This is the golden opportunity to help the poor. Behave with people who don't have power courteously. A good leader is one who will face any situation boldly without backtracking from it. The government required good administrators to implement the schemes successfully. Such good administrators are gifted by this academy," he added.

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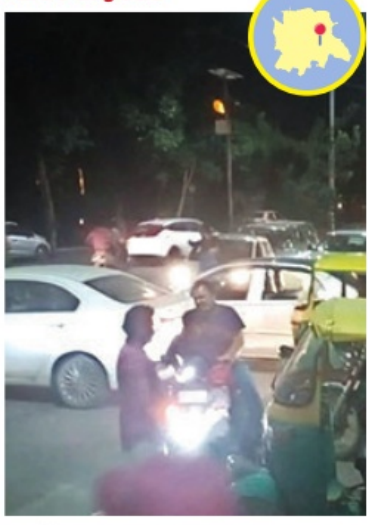
Blocked!
Jayanagar

This pavement has been blocked for over 3 months for renovation of a building on the corner of 11th Main and 38th Cross, Jayanagar.

Encroachment?
Krishna Rao Park

This footpath facing Gunasheela hospital near Krishna Rao Park has been encroached by vendors and parked vehicles.

Traffic trouble
AECS Layout



Traffic is not being managed properly at AECS Layout, Whitefield, ITPL.

BBMP seeks fresh survey of lakes in IT corridor

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

Many apartment complexes in the city were flooded last month due to overflowing lakes. One of the major reasons for this was that as the lakes had been encroached upon, their storage capacity was reduced. Now, the Bruhat Bengaluru Mahanagara Palike (BBMP) has written to the State Government to conduct a fresh survey of 30 lakes in Bengaluru East Taluk that had faced the maximum damage during the September first week rainfall. This taluk has also seen rapid development as well in the last two decades.

There are 30 lakes in the East taluk including Bhattarahalli (6.3 acres), Siddapura (24.12 acres), Mahadevapura (26.25 acres), Banaswadi 1 (20.15 acres), Banaswadi 2 (23.30 acres), Byrasandra (3.09 acres), Kaikondrahalli (15.25 acres), Kasavanahalli (11 acres), Kowdenahalli (5.07 acres), Seegehalli (38.04 acres), Devasandra (34.25 acres), Munnekolala (0.10 acre), Whitefield (3.34 acres), Kasavanahali 2 (1.04 acres), Haralur (0.02 acres), KR Puram (0.28 acres), Bellandur (22 acres), Doddakannelli (0.25 acres), Kaikodrahalli 2 (6.25 acres), Challekere (11.13 acres), Kundalahalli (0.35 acres), Devarabeesanahalli (13.25 acres), Mahadevapura 2 (33.25 acres), Vibhutipura (3.13 acres), Benniganahalli 1 (9.33 acres), Benniganahalli 2 (3.18 acres), Bhoganahalli (0.23 acres) and Hoodi (1.29 acres).

A senior BBMP official said, "We have taken up work of removal of encroachments on rajakaluves. But, we also need to have a clear picture of the lake encroachments. So, we have requested the State Government to take up a

fresh survey of 30 lakes. The previous surveys were conducted in 2016 and 2017. Most lakes are not fenced so we could not get a clear picture of encroachments."

Another BBMP official said that there is a case related to lake encroachment being heard in the Karnataka High Court and the officials had to submit the data. The fresh survey would help them to provide the latest data to the court. BBMP officials also said that they have written four times in the past to take up re-survey work but nothing has been done so far.

Meanwhile, the Court had recently taken exception to slowing down of demolition drives. The BBMP officials have said that the encroachment drive may pick up pace after the Dasara holidays.

"Lakes play a very important role in storage and flow of water. Each lake is connected to another lake in the form of Rajakaluve. If the lakes are not maintained properly, then the storage capacity of the lake reduces due to formation of silt. If the lakes were protected earlier, then the damage could have been far lesser," said a senior BBMP official.

Hired but not on board: Anxiety hits IT graduates

As hiring process in tech companies gets delayed at various stages, freshers worry about career

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com
TWEETS @BangaloreMIRROR

Almost six months after they got offers from big tech companies like Infosys and Wipro, many IT freshers are still waiting for their onboarding process to start.

Preetpal Singh Bhatia got placed in Infosys in April 2022. However, six months later, he is still waiting for a joining letter from the company.

"On March 2, I gave the test followed by an interview round and received the selection mail in April. In April, the company said that the onboarding process takes two weeks but it was delayed due to the college examinations and delayed results. But it has been six months now and no one has received their joining date or any other details. The batch that got placed before us in March was supposed to join by September 15, but that has been postponed as well," he told Bangalore Mirror.

The young graduates are feeling anxious about their future and career as the wait for the onboarding continues.

"We have sent multiple emails but the company either doesn't respond or asks to mail it to another email address. There is still no clarity about it. There is a recession in the tech industry due to ongoing war and other global situations; companies are not getting enough projects. It is the same situation with Wipro and TCS as well. At this point I am worried if I will even get a joining date or not," Bhatia added.

With no update from the companies, the tech graduates are trying to look for other jobs.

"But the problem is that all the tech companies are facing the same issue. I applied to TCS in July, but they still haven't conducted the test either. Only startups are hiring but they usually look for trained employees and not freshers as they do not provide training like the big tech companies," he explained.

"Placements for the 2022-23 batch are currently in progress. Maybe 5% of the companies might have some delay in the recruitment process but so far most of the companies have been responding to us actively and will be coming for campus placement

The graduates informed that though the placements are still ongoing, the recruitment process is not moving ahead. Some students have been put on hold without an interview round, while others are still waiting to sit for their aptitude test.

On the other hand, final-year IT students are also worried that this might affect their placement process.

Shadan Jamshed, a fourth-year student at Dayananda Sagar Academy of Technology and Management, said, "A lot of big companies like Google, Microsoft, and Coinbase have limited their hiring process because of the recession. I think it might cause some delay in our placement process as well. The companies might have to deal with many decisions regarding the hiring numbers, etc."

However, colleges say that the placements have not been affected so far.

"Placements for the 2022-23 batch are currently in progress. Maybe 5% of the companies might have some delay in the recruitment process but so far most of the companies have been responding to us actively and will be coming for campus placement," said P Ramesh Babu, Deputy Manager (Placements), Dayananda Sagar Academy of Technology and Management.

As per an Economic Times report, IT sector employees' union Nascent Information Technology Employees Senate (NITES) had written a letter to the Ministry of Labour and Employment, requesting them to take necessary action regarding the delay in the joining process of more than 2,000 campus hires at Wipro.

As per the ET report, this year the top four IT companies, TCS, Infosys, HCS, and Wipro are expected to hire a total of 1,55,000 freshers by March 2023, which is a reduction of over 30% as compared to the previous year.

IISc team develops algorithm to detect seizures

Researchers at the Indian Institute of Science (IISc) have joined hands with AIIMS Rishikesh to create an algorithm that can help decipher brain scans and identify the occurrence and type of epilepsy. The development has the potential to do away with the current practice of manual evaluation of Electroencephalogram (EEG) which can be often tedious and sometimes lead to errors.

Epilepsy is a neurological condition where the brain emits sudden bursts of electrical signals in a short amount of time, resulting in seizures, fits and sometimes even death. Based on the point of origin of the brain's erratic signals, epilepsy is classified as focal or generalised epilepsy. Focal epilepsy occurs when the erratic signals are confined to a specific region in the brain. If the signals are at random locations, then it is termed as generalised epilepsy, an IISc statement said. "The research aims to differentiate EEG of normal subjects from epileptic EEGs. Additionally, the developed algorithm attempts to identify the types of seizures. Our work is to help the neurologists make an efficient and quick automated screening and diagnosis," says Hardik J Pandya, Assistant Professor at the Department of Electronic Systems Engineering (DESE) and the corresponding author of the study published in Biomedical Signal Processing and Control.

During the study, the team noted a novel algorithm that can sift through EEG data and identify signatures of epilepsy from the electrical signal patterns. After initial training, the algorithm was able to detect whether a human subject could have epilepsy or not with a high degree of accuracy, the researchers say. **—IANS**

Tributes to the Mahatma

BBMP school children shower petals on the statue of Mahatma Gandhi at MG park to celebrate Gandhi jayanthi on Sunday; Chief Minister Basavaraj Bommai pays floral tribute to the Mahatma and Congress leader Rahul Gandhi pays tribute at Khadi Gramodyog, Badanavalu

Park your bikes, board the bus

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMIRROR

In a new measure to encourage cycling, the Bangalore Metropolitan Transport Corporation (BMTC) has decided to provide cycle stands at traffic transit management centres (TTMCs) and bus stations. As a pilot, around 5-10 cycle stands will be provided per station. The scheme is likely to roll out in around four months.

The BMTC plans on piloting the plan at Shanti Nagar, Jayanagar and Vijayanagar stations.

BMTC Director (IT) AV Surya Sen told BM, "We have decided to go ahead with the citizens' requests for cycle stands at bus stations. We have asked for the help of DULT in designing and technical aspects. Once we receive their feedback, the cycle stands will be installed. First, we will install it at TTMCs and then at bus stations. As per demand, we will consider increasing the number of cycle stands."

Currently, BMTC has 10 TTMCs and 29 bus stations across the city.

However, as bus stops come under the purview of BBMP, BMTC will not be installing them there.

Bicycle Mayor Sathya Sankaran said this would come as great relief to cyclists. "We made a representation to BMTC from Friends of BMTC and highlighted the issue faced by cycle parking and they responded positively. Cyclists are not able to find places to tether their cycles and are vulnerable to theft. This will also solve the issue of many people not accessing TTMCs due to last-mile connectivity issues," he said.

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WHAT DID THE SAPLINGS DO?

CONTINUED FROM PAGE 1

The land where the trees were planted was locked up and we were denied entry. They are not even allowing us to water the 500 saplings," Tushar Chandra of Vrikshamitra Foundation told BM.

According to Chandra, the panchayat officials said they will continue with the planting in their capacity and won't require the not-for-profit's help.

"Using our own money, we had the land allotted to us cleaned, levelled by an earthmover, dug up and ready using a tractor; we added compost and coco peat to the soil. We also had a pond created on one end to allow better management of water. We spent around Rs 2.7 lakh for this project," Chandra added.

The NGO further alleged that it had the required finances secured through CSR funding and the move has shaken the faith of the sponsors.

However, as per the letter permitting the NGO to take up the task, the panchayat granted permission to plant trees and maintain them for two years but does not mention the creation of a Miyawaki forest.

A source said the residents of the area were opposed to the creation of the Miyawaki forest and preferred a traditional forest instead. Miyawaki forests by design are densely packed and the residents feared they wouldn't be able to access the temple located inside the premises.

Meanwhile, Hennagara gram panchayat officials clarified that while they had allocated the land, the NGO was only permitted conditionally.

"We gave them permissions under certain conditions. Firstly, they were permitted the land with the pre-understanding that permission be sought from the revenue department. The panchayat is not authorised to allocate land to anyone. Secondly, they were permitted to plant trees and not create a Miyawaki forest. Furthermore, we had asked them to submit a detailed project report and seek technical approval from the forest department. They also didn't make any provision for watering the plants. Taking into account the failure to abide by these conditions, we will cancel the permission given," said panchayat development officer Siddaraju.

Bangalore Mirror NAVARANG

Celebration Partners: A&J Health Care

Navarang with Bangalore Mirror

Festivities continue to light up the Bengaluru sky, and with Dasara around the corner, it promises to be an even grander spectacle.

From participating in cultural activities to unwinding with loved ones, citizens are making the most of Navaratri which is one of India's oldest festivals. It is that time of the year when we unite with family, friends, and well-wishers irrespective of the hustle of life.

You can continue to join the festivities with BM-Navarang by choosing the day-specific colour dress. As the entries are open only for group photographs, team up with your family, friends and colleagues, and send photos along with names, address to our WhatsApp number 9591233247.

The best group photos will get a chance to be featured in BM-Navarang. Please note: today's colour code is pink.

So, get dressed in the day-specific colour and send us your group selfies to the BM WhatsApp number. We shall select the best pictures and feature them!

9591233247

Malleshwaram Raja Kutumba Da Raniyaru

Fortunites, Sarjapur Road

Suchitra Bangalore. Marathahalli.

Latha Prashanth and team, Basavanagudi

Teachers of National Public School, Ullal Uppanagar

Attiguppe, vijayanagara

Shwetha &friends

Priya and team from Vajramtiara, Avalahalli

Shashikala and friends, Laggere

SBT Layout, Yelahanka

BEML Layout, 6th stage

103-years-old Pankajamma

Staff of V.V.S. B.M.Sri School, Mysuru

Padmanabhanagar laughter club

Neelu & friends JP Nagar

Wings of SSG

ನಿಮ್ಮ ದೇಹದ ಆಕಾರವನ್ನು ಮರುಪಡೆಯಿರಿ. ತುಂಬಾ ಸುಲಭವಾಗಿ

ಕಠಿಣ ವ್ಯಾಯಾಮಗಳಿಲ್ಲದೆ ಮತ್ತು ಪಥ್ಯದ ಆಹಾರ ಕ್ರಮವಿಲ್ಲದೆ

ಬೊಜ್ಜು ಮತ್ತು ಹೊಟ್ಟೆಯ ಕೊಬ್ಬಿಗೆ ಆಯುರ್ವೇದೀಯ ಪರಿಹಾರ

ಉಪಯೋಗ : ತೈಲವನ್ನು ಕೈಗೆ ಸುರಿದುಕೊಂಡು, ಕೊಬ್ಬಿನ ಜಾಗಗಳ ಮೇಲೆ ಕೋಮಲವಾಗಿ ತೀಡಿ ಮತ್ತು ಮಸ್ಸಾಜ್ ಮಾಡಿ. ಕನಿಷ್ಠ 15 ನಿಮಿಷಗಳಲ್ಲಿ ಬೆಚ್ಚಗಿನ ನೀರಿನ ಶಾಖ ಕೊಡಿ ಅಥವಾ ಬೆಚ್ಚಗಿನ ನೀರಿನಲ್ಲಿ ತೊಳೆಯಿರಿ. ಪುರುಷರು ಮತ್ತು ಮಹಿಳೆಯರಲ್ಲಿ ಸಮನಾಗಿ ಪರಿಣಾಮಕಾರಿ.

ಲವಣ ತೈಲಂ

ಆಯುರ್ವೇದಿಕ್ ಫಿಗರ್ ಕೇರ್

ಆಯುಃಕೇರ್

ಹೆಚ್ಚಿನ ವಿವರಗಳಿಗೆ ವಿಚಾರಿಸಿ:

From the House of A & J health Care, Bangalore

For a Healthy Society

Super Stokists: SRI RAMA STORES, Yellapur

PH: 8762226000
9243112373

HEALTH TIP: Birth control methods other than condoms, such as pills and implants, won't protect you from STIs or HIV

Good ways to deal with stress include regular exercise, healthy eating habits and relaxation exercises, such as deep breathing or meditation

BangaloreMirror | 8
Monday, October 3, 2022
mybangaloremirror@timesgroup.com
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Post-covid personality

New research suggests we're less open, agreeable, conscientious now

For many of us, some personality traits stay the same throughout our lives, while others change only gradually. However, evidence shows that significant events in our personal lives which induce severe stress or trauma can be associated with more rapid changes in our personalities.

A new study, published in PLOS ONE, suggests the covid pandemic has indeed triggered much greater shifts in personality than we would expect to have seen naturally over this period. In particular, the researchers found that people were less extroverted, less open, less agreeable, and less conscientious in 2021 and 2022 compared with before the pandemic.

This study included more than 7,000 participants aged between 18 and 109, who were assessed before the pandemic (from 2014 onwards), early in the pandemic in 2020, and then later in the pandemic in 2021 or 2022.

At each time point, participants completed the "Big Five Inventory". This assessment tool measures personality on a scale across five dimensions: extroversion versus introversion, agreeableness versus antagonism, conscientiousness versus lack of direction, neuroticism versus emotional stability, and openness versus closedness to experience.

There were not many changes between pre-pandemic and 2020 personality traits. However, the researchers found significant declines in extroversion, openness, agreeableness and conscientiousness in 2021/2022 compared with before the pandemic. These changes were akin to a decade of normal variation, suggesting the trauma of the covid pandemic had accelerated the natural process of personality change.

Interestingly, younger adults' personalities changed the most in the study. They showed marked declines in agreeableness and conscientiousness, and a significant increase in neuroticism in 2021/2022 compared with pre-pandemic. This may be due in part to social anxiety when emerging back into society, having missed out on two years of normality.

> **Findings from the study suggest that trauma associated with covid was responsible for accelerating natural processes of change in personality**

Personality and wellbeing

Many of us became more health-conscious during the pandemic, for example by eating better and doing more exercise. A lot of us sought whatever social connections we could find virtually, and tried to refocus our attention on psychological, emotional and intellectual growth – for example, by practising mindfulness or picking up new hobbies.

Nonetheless, mental health and wellbeing decreased significantly. This makes sense given the drastic changes we went through.

Notably, personality significantly impacts our wellbeing. For example, people who report high levels of conscientiousness, agreeableness or extroversion are more likely to experience the highest level of wellbeing.

So the personality changes detected in this study may go some way to explaining the decrease in wellbeing we've seen during the pandemic.

If we look more closely, the pandemic appears to have negatively affected the following areas:

-- our ability to express sympathy and kindness towards others (agreeableness);

-- our capacity to be open to new concepts and willing to engage in novel situations (openness);

-- our tendency to seek out and enjoy other people's company (extraversion);

-- our desire to strive towards our goals, do tasks well or take responsibilities towards others seriously (conscientiousness).

All of these traits influence our interaction with the environment around us, and as such, may have played a role in our wellbeing decline. For example, working from home may have left us feeling demotivated and as though our career was going nowhere (lower conscientiousness). This in turn may have affected our wellbeing by making us feel more irritable, depressed or anxious.

What next?

Over time, our personalities usually change in a way that helps us adapt to aging and cope more effectively with life events. In other words, we learn from our life experiences and this subsequently impacts our personality. As we age, we generally see increases in self-confidence, self-control and emotional stability.

However, participants in this study recorded changes in the opposite direction to the usual trajectory of personality change. This is understandable given that we faced an extended period of difficulties, including constraints on our freedoms, lost income and illness. All these experiences have evidently changed us – and our personalities.

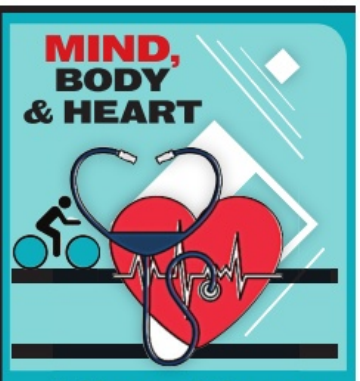
This study provides us with some very useful insights into the impacts of the pandemic on our psyche. These impacts may subsequently influence many aspects of our lives, such as wellbeing.

Knowledge allows us to make choices.

So you might like to take the time to reflect on your experiences over the past few years, and how these personality changes may have affected you.

Any changes may well have protected you during the height of the pandemic. However, it's worth asking yourself how useful these changes are now that the acute phase of the pandemic is behind us. Do they still serve you well, or could you try to rethink your perspective?

-By Jolanta Burke, RCSI University of Medicine and Health Sciences (The Conversation)



All problems solved

Dear Coleen

I'm a single woman in my 20s and in a really difficult situation with my best mate's boyfriend. He's made it clear he fancies me and would like to take things further. I obviously told him in no uncertain terms to get lost and that I wasn't interested.
I hoped that would be the end of it, but he keeps sending me suggestive texts, hoping that I'll give in and take the bait. Whenever we're out in a group, he makes a beeline to flirt with me.
It's horrible because I feel as if I'm lying to my friend or betraying her, even though I haven't done anything wrong.
I've been reluctant to say anything to her because I don't want to cause any trouble, plus she's a bit insecure and made a comment once that her boyfriend thinks I'm "hot" and it led to a huge argument between them.

COLEEN SAYS

He sounds immature and arrogant, and desperate to know you fancy him. I think you'd both be better off without him! You could try not being around them when they're together and spend time with your friend on her own. If she asks why you're not coming out with them, just say you don't want to third wheel it.
That doesn't solve the text issue, though.
The next time he messages, you could reply, so you have evidence in writing.
Don't make it a nice or ambiguous message, just be very firm and to the point – "If you text me again or talk to me like this, then I'm going to tell your girlfriend. I am not interested in you and if you lie to her about this, then I'll show her these messages".
If he still doesn't back off, then I think your only option is to tell your friend. Explain that you debated whether to tell her because you don't want her to hate you for it and for it to spoil your friendship.

-Coleen Nolan, Daily Mirror

NOTES FROM THE FIELD

Bella says no to drugs

Mysuru Dasara is attracting people from across the globe. Various awareness campaigns have also been launched in Mysuru grabbing people's attention. One such interesting campaign is against the usage of drugs headed by a dog.
Wearing a goggle and a jacket with the words - 'No to Drugs", Kerala police are using Bella in front of Mysuru Palace to send the message. Many tourists were seen taking selfies with Bella. Sources said that this four-year-old dog has already travelled 4,000 km and more than 20 states and has been successful in attracting attention.

Foot massage parlours

It's walking and talking for the Congress politicians as they join their national leader Rahul Gandhi in the Bharat Jodo yatra. The Gandhi-led yatra entered Karnataka and the top leaders were there to join the padayatra. However, walking long distances is proving difficult for politicians. Many Congress leaders like Siddarmaiah, G Parameshwara, Eshwara Khandre, and DK Shivakumar were seen getting a foot massage during the break. Leaders were of the opinion that the massage definitely helped them to resume the second leg of the day's yatra.

Leelavathi bids Bengaluru farewell, moves to village

Bengaluru is one of the favourite places for many. However, veteran actress Leelavathi who had earlier settled in Chennai and Bengaluru has now settled down in a village near Nelamangala. During the inauguration of a hospital, Chief Minister Basavaraj S Bommai asked Leelavathi why she left Bengaluru to stay in a village, Leelavathi said that she preferred the village as she wanted to spend her time amidst greenery. Secondly, she said it was easier for her to afford land in a village than in Bengaluru. Bommai appreciated her saying that Leelavathi was a true beauty queen from the times of black and white movies.

No crossed legs

Congress leaders led by AICC general secretary in-charge of Karnataka Randeep Surjewala and DK Shivakumar recently met Sri Nirmalanandanatha Swamiji of Adi Chunchanagiri Mutt. After paying respect, all the leaders sat on chairs in front of the seer. This was when Surjewala was seen sitting with crossed legs. Soon, a party leader alerted Surjewala not to sit with crossed legs as it amounted to showing disrespect to the seer. They also reminded him of a controversy when photos of Home Minister Amit Shah sitting crossed-legged in front of the seer went viral and he was criticised for the same.

Pehalwan's wrath

Nada Kusti is one of the popular programmes conducted during Dasara. During this year's wrestling competition, there was a minor clash between wrestlers Vikas Kale and Mauli Jamdade. As the war of words began, the organisers had to step in to resolve the issue. B Nagendra, MLA from Chamaraja constituency, who was also part of the organising committee tried to pacify the wrestlers. However, the wrestlers were in no mood to listen. For a while, there was

eye gazing between the two and words were exchanged before the MLA had to move out.

Patiently waiting

Infosys Foundation chairperson Sudha Murthy is known for her simplicity. President Droupadi Murmu was in the twin cities to inaugurate the Indian Institute of Information Technology (IIIT), Dharwad. Sudha had arrived at the venue well in advance. So, she was seen waiting at the venue to receive the President. The organisers tried to convince Sudha to sit inside the venue. However, Sudha refused and decided to stay outside for around half an hour to welcome the President. Later when the President arrived at the venue, Sudha offered a saree and a Kaudi to the president.

— Sridhar Vivan

Girl power: Cyclists pedal 200 km in rain

These determined women covered this distance within an astonishing 13.5 hours

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMirror

Cycling for a few kilometres can be tiresome, but for scores of cyclists, it was an exhilarating experience to pedal no less than 200 km in 13.5 hours. The journey started at 6:15am on Saturday in the city. For the first 40-50 km, riders had to endure rain, and on their ride back, traffic and waterlogging. The return leg while entering Bengaluru from Kolar had strong headwinds as an added hurdle.

Starting from Brigade Road, the first 10km was within CBD, riding along the Ulsoor Lake, Vidhana Soudha, and Sankey Tank, and then exiting the city from Chalukya junction to Hesaraghatta grasslands. The cyclists then crossed Doddaballapur town, the foothills of Nandi Hills, Bhoga Nandeeshwara temple, Vijayapura, and finally Kolar. Passing through Mini Vidhana Soudha in Kolar, riders then took the national highway back to Bengaluru.

Among 26 cyclists, three - Aruna Newton, Kavitha Rao, Meera Ramanarayanan - were over 55 years and finished the ride well within the cut-off time. The youngest was 17-year-old Prerna Sahu who rode with her father Randonnuer Manas Sahu. They had encountered mechanical issues, but managed to complete the ride slightly past the time limit. There were bindi and nail stations at the starting point, and special helmet stickers for the women with motivational quotes. A volunteer, Angela, had baked a cake with the Audax Woman face on it and brought it on a flight from Jaipur.

Their journey started at 6:15 am on Saturday, and for the first 40–50 km, they had to cycle through the downpour; on their trip back they faced traffic too

Grinshina Kartik, head of Audax India women's club, said, "This was a challenging ride as riders have to be self-sustainable and carry extra tubes, pump, levers, and tools to handle any mechanical issues or punctures on the road. Taking external help would mark them as disqualified. No follow cars/support vehicles are allowed either." The cyclists were pedaling for a Randonnuer title, which is earned after completing an Audax ride of 200 km. A Super Randonnuer is a title that one earns after completing a 200k, 300k, 400k, and 600k Audax ride in one season.

"The idea is to highlight representation of women in long distance cyling. We are in a small number, but we are taking up space confidently – Grinshina Kartik, Audax India

"Every year, we try to gather in one city in India and ride the shortest Audax ride of 200km. Last two such rides were held in Goa. This year we chose Bengaluru. Bangalore Randonnuers has been championing women riders for a few years. One way they did it was to waive off the brevet registration fees. The idea is to highlight the representation of women in long distance cycling. We are a minuscule number, but we are here and taking space, confidently," she said. The ride was organised by Mohan Subramanyam and other volunteers of Bangalore Randonnuers.

Cyclists face a lot of challenges from lack of washroom facilities on highways and village roads. "There is a danger of harassment while riding from bikers, trucks who keep following you. Especially on lonely roads at night. To anyone who asks us why we are putting ourselves in such a situation, we ask them if only men are allowed to pursue their passion for long distance," said Grinshina.

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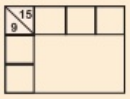
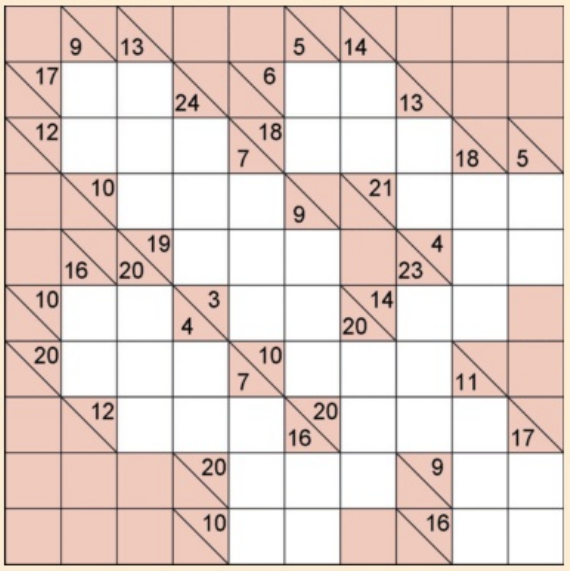
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

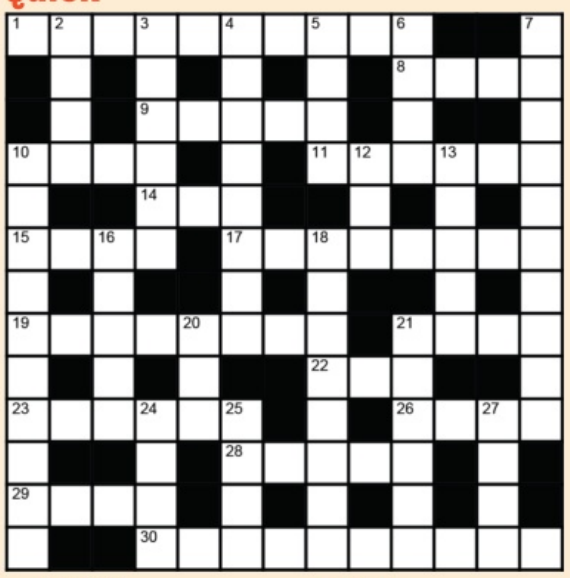


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Limitation, check (10)
8 Lease or rent (4)
9 Taken ___ : surprised (5)
10 Unit of electromotive force (4)
11 Scraps or bits (6)
14 Dine (3)
15 Close by (4)
17 Hurdle (8)
19 Evaluated (8)
21 Golfer's stick (4)
22 502, in Rome (3)
23 Wait on, help (6)
26 Sound quality (4)
28 Target ring (5)
29 Bodily hurt (4)
30 Military assistant (4-2-4)

DOWN

2 Palindromic German (4)
3 Roofing man (6)
4 Producers of atomic or nuclear energy (8)
5 Causes irritation (4)
6 Norse god of thunder (4)
7 Put parts together again? (10)
10 City art gallery which has a variety of paintings (10)
12 In ___ water : in trouble? (3)
13 To be outstanding (5)
16 Useful quality (5)
18 Made unhappy (8)
20 Our star (3)
21 Of lemons (6)
24 So Big author Ferber (4)
25 Ceased to live (4)
27 Linguist Chomsky (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS W

NDH QKNGWKNM YO NDYPVDN KC KB GXQHBNPUH. KXHGC RYB'N EHHI. CYLHNDKBV LPCN FH XYBH GFYPN NDHL.

Linemaro

Good god, you're flexible

Mindchow

The most powerful force in the universe is gossip

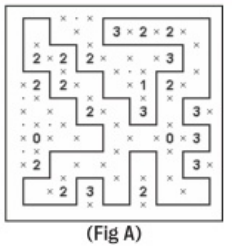
Joke of the day

We feed our baby onions so we can find him in the dark at night

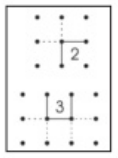
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

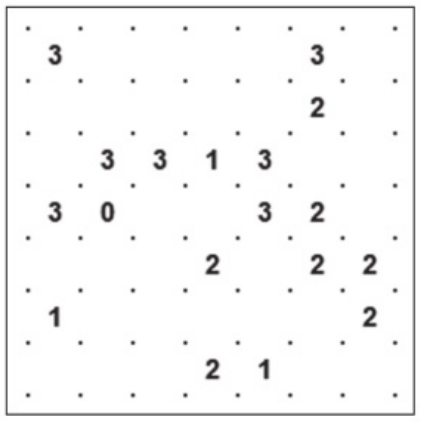


(Fig B) Not Allowed

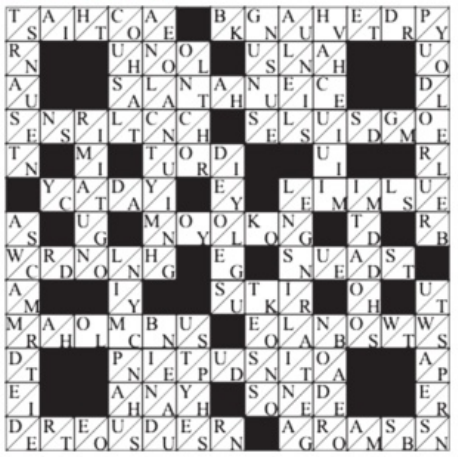
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



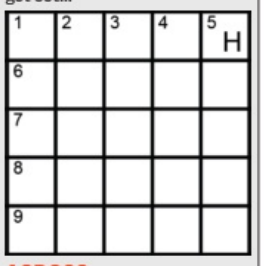
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Sh Plu; 6 Ah pal; 7 At LAN; 8 I mine; 9 Lacks

DOWN

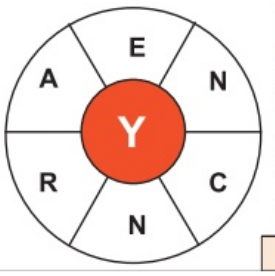
1 In Cap; 2 Ma lal; 3 Lit up; 4 Hanks; 5 Shale

Mensapuzzle

What letter is immediately to the left of the letter that is immediately below the letter two to the left of the letter I?

A	B	C	D	E	
F	G	H	I	J	
K	L	M	N	O	
P	Q	R	S	T	
U	V	W	X	Y	Z

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge

		3	4	7	5			
4		7			2			9
	6							
	9	5						6
		1	7		4	3		
8						2	9	
							1	
2			8			7		3
			2	5	1	4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 8
4 5 7 8

Medium = 14
3 4 5 7

Hard = 28
2 5 7 5

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Finger is moved. 2. Foot is not showing. 3. Back of chair is higher. 4. Nose is different. 5. Necklace is missing. 6. Sleeve is shorter.

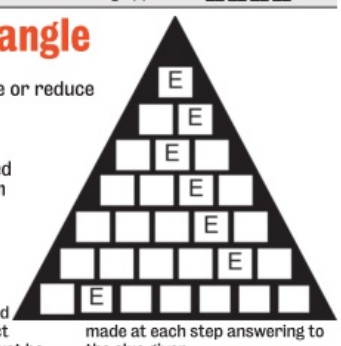
Riddler

Can you find the word within a word for each set of clues listed below? The dashes beside each clue tell you how many letters are in the word you are to find. (ex. A young lion...in skin diving gear = ScubA)

1. A line of seats...in a king's headdress:__ __ __ __ __
2. A brooch...in a statement of belief:__ __ __ __ __ __ __
3. A math term...in a fireman's climbing apparatus:__ __ __ __

Alpha triangle

1 Second vowel
2 Prefix for remove or reduce
3 Marry
4 Was in the red
5 Paddled out
6 ___ out: Exercised
7 Explanatory term



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HEY! I HAVEN'T SEEN YOU IN DAYS ! WHAT'S NEW ?
WELL, LET'S SEE...BLIMPY, HOPPY, SQUEAKY, VERNE, EARL, SAMMY, JUMPY, DOLLY, PHOEBE, JERRY, TIM ...
7-19

Bizarrotrip

Diamond Lil

I WENT TO LARRY THE LAWYER'S FUNERAL TODAY
THE SERVICE WAS THEMED IN HIS HONOR
THEMED?
EVERYONE WORE A RETAINER
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www.creators.com

Hart of the city

DANA ENDED UP MAKING $500 IN BROWNIE SALES FOR THE THEATER! WE'RE GONNA HAVE GREAT COSTUMES FOR THE PLAY!
AND YOU, HEART, LEARNED A VALUABLE LESSON IN BUSINESS!
RIGHT, NEVER BUY LANDFILL MUFFINS.
DID YOU READ ABOUT THAT IN THE RUMOR MILL?
WHAT!? NO! IT'S TO NOT START A PYRAMID SCHEME!
NO PYRAMID SCHEMES USING LANDFILL MUFFINS, GOT IT!
HEART!!

Crankshaft

THANK THE MANAGER FOR THIS CERTIFICATE, ANGIE...
BUT COULD WE GET IT CHANGED FROM THE 'BACK TABLE BOYS' TO THE 'BACK BOOTH BOYS'?
YEAH, USING ALL B'S SOUNDS MORE ILLITERATE!
7-26
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, since morning, you may have some peace. You are not in a hurry today, which may reflect into your way of working. Your destiny may help to complete postponed projects and targets. You may show patience in your domestic life and maintain harmony. You may have some skin or stomach-related issues.

Taurus Apr 21 – May 20
Today you may be a victim of negative thoughts. You may feel dull. Impatient nature and arrogance may push you back from taking difficult decisions. You may be in need of blessing from your elders, which will help you to grow in your work front. You should avoid making investments in dead assets. Lovebirds should avoid discussing bad moments.

Gemini May 21 – Jun 21
Today is good for your work. You may be able to perform well. Your boss is likely to give you some new responsibilities in terms of promotions. Disputes with your partner may be settled down. You may lend money for building your assets. Your kids' health may be better now. You are likely to make some investments for their future.

Cancer Jun 22 – July 23
Today you may be blessed by the moon. Love would be in the air in terms of your personal life. Singles may find a suitable match. You may do well in terms of your professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery are likely to give positive gains in the near future. Be careful of your elders' health.

Leo Jul 24 – Aug 23
Today you may be happy due to blessings from auspicious planetary combinations. You may have some sort of energy which may boost your prestige among people around you. You may spend your time studying intellectual subjects.

Virgo Aug 24 – Sep 23
Today, at the start of the day, you may feel dull. After late evening, you may control this negativity. New people may connect with you on the work front. With the help of these people, you may try to revamp your business plans. It is advised to read documents before signing them.

Libra Sep 24 – Oct 22
Today, with the help of elders, you may control your indecisiveness. Your kids' health is better now. Your colleagues may be supportive of your work, which will convert to success in terms of a project. You may expect to get some incentives with your salary. Those related to dairy, water projects, grains, home maker art, and culture may do well.

Scorpio Oct 23 – Nov 22
Today you may be busy with domestic issues. You might take an interest in artefacts, movies, and fashion, which may improve your creativity. You may spend money on buying some artefacts, household items which will improve your social status. You may become more polite with others. You may also plan outings.

Sagittarius Nov 23 – Dec 22
Today your tendency to overspend may affect your savings. You should be careful while expressing yourself at work and on the domestic front. You should avoid lending money. Postpone important decisions in real estates and other assets. You should try to avoid a tendency of elevation from your responsibilities.

Capricorn Dec 23 – Jan 20
Today you may be happier. Your internal vitality will boost your self-confidence. You will feel relaxed after sound sleep. You should avoid carelessness about making decisions in terms of finances, profession, and studies. You are likely to enjoy romantic moments with your spouse. Sometimes, you may face self-respect issues.

Aquarius Jan 21 – Feb 19
Today, with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life. There may be good understanding between you and your spouse. Those related to metal and booking agents will do well.

Pisces Feb 20 – Mar 20
Today you may be passionate in terms of work. You should avoid mixing your brain with your heart to make important decisions. It is advised to follow your intuition before making some decisions related to business, job, and investments. Workload may be there, but blessing from elders may help you control this messy situation.

KIDZONE

Santhosh B,
15 Years,
Ses English School

R Mithesh Shekar,
9 Years,
Neena English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M [8 / 24 = 1/3]

RIDDLER
1. Crown,
2. Opinion,
3. Ladder

BULL'S EYE
CANNER, canny, crannny, narry, racy, yarn, year, yearn

FAST FIVE

C	A	L	K	S
I	M	I	N	E
N	A	T	A	L
A	L	P	H	A
P	L	U	S	H

STRIKE OUT

T	A	H	O	E	K	N	A	V	E	R	Y			
R	U	N	O	U	N	A	O							
U	S	A	T	A	N	I	C	D						
S	N	I	T	C	H	S	L	U	D	G	E			
T	M	T	O	D			U	L						
C	A	D	I	E		E	M	I	L	E				
A	G	N	Y	L	O	N	D	R						
W	R	O	N	G	E	S	E	A	T					
A	Y	S	K	I	H	T								
R	H	O	M	B	S	E	L	B	O	W	S			
D	P	E	T	U	N	I	A	A						
E	H	A	Y	O	N	E	R							
D	R	E	S	D	E	N	G	R	A	B	S			

QUICK

A				A	I	D	E	D	E	C	A	M	P	
P				D		I	N	N	E	R		O		
A	T	T	E	N	D		E		T	O	N	E		
T		E		U		D	I	I				L		
A	S	S	E	S	S	E	D		C	L	U	B		
K		S		R		A		E		M				
N	E	A	R		O	B	S	T	A	C	L	E		
E		E	A	T		O		X		S				
V	O	L	T		C		S	H	R	E	D	S		
T		L	E		R		H	I	R	E				
T	A	B	A	C	K		O			A				
C	O	N	S	T	R	A	I	N	T		R			

MENSA PUZZLE
K

QUOTE UNCODE
The vitality of thought is in adventure. Ideas won't keep. Something must be done about them.

SUDOKU

3	7	9	2	5	1	4	6	8
2	1	6	8	4	9	7	5	3
5	4	8	6	3	7	9	1	2
8	3	4	5	1	6	2	9	7
6	2	1	7	9	4	3	8	5
7	9	5	3	2	8	1	4	6
1	6	2	9	8	3	5	7	4
4	5	7	1	6	2	8	3	9
9	8	3	4	7	5	6	2	1

ALPHA TRIANGLE
E, DE, Wed, Owed, Rowed, Worked, keyword.

GO FIGURE
Easy
5 + 4 + 7 − 8 = 8
Medium
3 x 4 − 5 + 7 = 14
Hard
7 x 5 − 2 − 5 = 28

LOOP

KAKURO

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Fashion statement

At Paris event, Deepika makes heads turn; says she does whatever she can do with her craft to bring about change

Deepika Padukone graced The Business of Fashion event in Paris with other celebrities, including Kylie Jenner, Natasha Poonawalla, and Ellie Goulding.

For the red carpet, the 'Gehraiyaan' actress wore a golden top under a jacket and pants. She carried a bag in addition to wearing black heels.

At the event, the actress was asked about 'raising the profile of Indian actors, actresses. Deepika said that she has set out to do what she does with purpose and always trying to do things differently from the way that they have always been done.

Elaborating further, the actress added that she has always questioned why there has not been enough representation, why casting has always been a certain way, and why we do not see enough.

According to her, she has always believed whatever little she can do in her journey could bring about change and that her purpose would be served through her craft and what she does.

The actress stated that she wakes up every morning with purpose and wants to make a difference in the lives of millions of girls like her. The actress added that she feels good when you get the opportunity to represent her country at the Cannes Film Festival as part of the jury or whether you are the first Indian to be a part of the Bof 500 cover. **–ETimes**

Daughters of India

Actor Priyanka Chopra, recently during a discussion with American Vice President Kamala Harris, termed both of them as 'Daughters of India'.

In her opening remarks Priyanka said, "In my home country of India, women have held the highest elected offices. From our first-twice elected Prime Minister Indira Gandhi in 1966 to our current president Droupadi Murmu."

"It's so baffling to me, that in this country (US) the great land of so much opportunity, so much revolution- We have not seen that final glass ceiling shattered," she continued.

Priyanka further drew parallels between her and Harris by adding, " I think we're both daughters of India in a way. You're a proud American-born daughter of an Indian mom, I am an Indian born of two physicians, as parents and a recent immigrant to this country who totally still believes in the wholehearted you know, American dream." Priyanka said.

–ANI

All that glitters

Glittery outfits from Nora Fatehi's wardrobe that caught our attention

Watch this story come alive on your device by scanning this QR code

Is it a date?

Seems like there's a new couple in the town! Speculation of romance between comedian Trevor Noah and singer Dua Lipa began when a 'kissing' picture of the two started doing the rounds on social media.

According to Fox News, Diners Noah and Lipa went to Miss Lily's, a Jamaican restaurant in New York City's East Village. As they said their goodbyes outside the restaurant, the couple was seen on camera kissing.

Lipa donned wide-leg jeans with a black leather jacket. Small heels in leopard print and a purse made up her accessories. Noah chose to dress all in black, with an olive jacket added on top.

The two appeared "into each other" during the meal, according to Fox News.

"They have quietly sat away from everyone else at the restaurant," a witness told the Daily Mail.

"It was clear they were into each other and sat close together throughout the meal. They left together and walked, stopping for long embraces and on the second kiss with hugs."

Shortly before he announced his departure from "The Daily Show," Noah revealed his date. For seven years, he has hosted Comedy Central's mock news program. Noah was dating the actress Minka Kelly before their rendezvous with Lipa. **ANI**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Pure veg for 1 month

Rishab Shetty

Director-cum-actor Rishab Shetty's performance in Kantara is being appreciated by critics as well as movie buffs. Rishab successfully gets into the skin of his character (a demigod). According to Rishab, it was not a bed of roses for him to play that character and he was a bit hesitant whether he would do justice to it.

"I consulted many people who offer poojas to demigods in coastal areas. I visited Dharmasthala and sought blessings and advice from Dharmasthala administrator Veerendra Heggade who gave me a green signal. I not only prayed to the demigods but also did not eat non-vegetarian food for a month during the shooting," says Rishab.

He said Kantara's climax was shot in 15 days and was an arduous task. "I have to thank my wife Pragathi who was pregnant when Kantara's shooting began. She used to worry about my health during the shoot. She not only played a guest role but also worked as a costume designer," he said.

Responding to the success of the movie at the box-office, he said the original version of Kantara has been released in other states in the country and abroad. "We have released the Kannada version of Kantara in Chennai. All the shows are housefull. Our objective is to release Kannada versions across the country," he said, adding that he would continue to make movies based on Kannada culture and traditions and continue his association with Hombale Films banner.

New hero on the block

Rajiv Rathod, who has been playing small roles in Kannada movies for over two decades, will be playing the lead role with Rangina Raate. Rajiv has played a small character in Shivarajkumar-starred movie Yuvaraja that released in 2001. "Director Puri Jagannath's team visited our college for shooting," recalls Rajiv.

Rangina Raate is a suspense thriller. "I am happy to get this opportunity. I play the lead role of a protagonist who goes to a forest along with some others. When the others go missing, I rescue them. All thanks to director Armugam who helped me during the shooting. Cinematographer Ravi Suvarna did a terrific job. I watched the rushes of this movie, which is at par with any international film," says Rajiv.

Rajiv is the son-in-law of politician LR Shivarame Gowda. Armugam debuts as a director with this film that is bankrolled by Kaviha Arunkumar. Ragini Dwivedi released the trailer of the film at Kalavidara Sangha on Thursday.